

HUNTERS HILL TENNIS CLUB COURT TALK

January 2010



Happy 2010 to all our members.

Wishing you all a healthy and fun year with lots of tennis and plenty of wins!

REOPENING

The courts are due to be reopened the weekend of **Saturday 30th and Sunday 31st of January 2010.**

They are looking particularly terrific after all the rain we have had and they should toughen up nicely in the next couple of weeks.

Organised social play will commence, as normal, at 1pm on Sunday 31st.

COURT ATTIRE

Please remember that a code exists regarding court attire and etiquette.

Badge team captains are reminded to inform opposition captains prior to all competition games.



COMMITTEE

You will have all received the minutes from the AGM and know who is on the committee this year.

Sub committees and specific tasks have now been allocated and are as below.

Should you have suggestions, comments or beefs about anything in particular contact the committee member responsible for that area.

Phone numbers are on the board in the clubhouse.

President: Bill
Vice Presidents: Greg and Gunnar
Club Captain: Diana
Secretary: Susan
Grounds: Gunnar, Bill, Ian
Finance: Peter
New Membership: Catherine, Tricia
Newsletter: Toni, Greg
House maintenance: Cheryl
Rosters: Susan, Tricia

Competition + Badge:
Diana, Greg, Peter, Bill

Midweek Rep: Nancy

NEWSLETTER

As you can see we have a new format and we anticipate you will like.

Each month you will find a range of topics and photos to inform, stimulate and excite the senses.

Please send any news worthy items to me tonialexander@hotmail.com by the end of each month, for inclusion.



Peter pursues victory in last years competitions.



It was Groucho Marx who declared that “ any club which would admit me as a member isn’t worth joining!”
(But I bet he was a hopeless tennis player – we would NEVER have admitted him!!)

He heard the club was looking for a new Treasurer.

“But didn’t they take on a new treasurer at the last AGM” he asked.

“Yep. That’s the one they’re looking for!” *(apologies to Peter!)*

CLEAN UP DAY

At the beginning of each season we always require a few volunteers to help clean up the areas around the courts. This year it will be on **Saturday 23rd January from 8am’sh to 10am’sh**. There is not heaps to do but of course the more volunteers the quicker and better it is. This year, because of the pruning last year, it is really quite straightforward and easy. A pleasant way to bond with other members while doing something for your club. We urge members to consider coming. Thank you. (bring broom, gloves, rakes etc if you would like)

WORLD MASTERS GAMES

Six club members competed in the WMG in Sydney in October last year with three bringing home bronze medals despite some stiff local and international competition. **Roger Brittain, Stephen Clarke, Ian Kavanagh, George Rozvany, Graeme Sticka and Clive McGowen** competed with Roger winning bronze in the 60+ Open Singles and Stephen and Graeme bronze in the 50+ Open Mens Doubles. Coincidentally both managed to defeat Canadian opponents in their medal playoffs. The competition continued over 8 days with open and recreational events in each age category for men and women. For those who missed out last year the next WMGs are to be held in Turin in 2013. **GO FOR IT!!**



BADGE

Teams for this next season have been organized and will be ratified over the next couple of weeks.

Badge will commence -
Thursday 4th March
Saturday 6th March.

We have a good number of teams in, so it will be exciting to keep up to date with their progress during the season.

PRESIDENTS CUP

Our first great social comp for the year will commence early (**11am-12noon**) on **Sunday March 28th**.

Young Bill will BBQ lunch for all participants. Names to be put down on board as per usual.



Eric focused as ever, steps forward for that winner.

WELCOME

A warm welcome to two new club members, **Margaret Sproule and Roger Auton**.

We look forward to seeing a lot of both of you during 2010.

BEST WISHES

To **David Ward** who will be recovering from an op in the San Hospital. Good luck David and we are sure your tennis will be even better afterwards! Wishing you a speedy recovery.

To **Sue Hoopman**, who is now recuperating back at home. All the very best Sue and our hopes for a swift and complete recovery as well.

VALE

FRANK PALMER

Our dear friend, Frank, passed away on 27th December 2009. Frank’s family has had a long association with HHTC with his father, Herbert, being an original shareholder from back in 1922. As a child, Frank used to admire the courts as he walked along Woolwich Road on the way to Miss Budden’s school and it was not long before he was allowed to be a ‘ball boy’ at the courts.

Frank was admitted as a member in June 1948 and has remained a member ever since. He joined the committee in 1950 and has always been an active and concerned member of the club. Even in these last years, though no longer playing, Frank was still a social member and would walk down to the club to watch the comp matches on Saturday and chat with everyone. 83 years young!

NORMA BERTIE

As mentioned at the AGM, one of our life members, Norma, passed away at the age of 94, in November. She was an outstanding tennis player in her time, winning the Ladies Open Singles in 1939 in her maiden name Barker (as associated with our Barker Lloyd Singles trophy.) She was particularly involved in the running of the Mid Week Ladies and worked tirelessly for the club for many years. She remained a resident of Hunters Hill all her life.

HUNTERS HILL TENNIS CLUB COURT TALK

February 2010



WET, WET, WET ! *but who's complaining.*

OPEN FOR BUSINESS

Well we have managed to have just one week of tennis so far due to the rain. In fact it is probably better it all falls now and leaves us free for the rest of the year!! However, good crowds have been turning up and having a great time and of course the first Sunday afternoon tea was superlative!!!!

VALE

We are upset to hear the news of the passing of **John Pearce** who has been a long term member. Our sympathies to his family and we will all remember the good times we shared.

MIDWEEK LADIES

A good contingent of ladies are again rolling up for their Tuesday morning play so ably run by **Nancy**. Unfortunately both **Anna Circosta** and **Carol East** have both been obliged to resign this year because of other commitments. All the best girls – we will miss you both.

Our sympathies go to **Florrie** and **Nancy** on the recent bereavement of their husband and father. A lovely man whom we probably didn't get to know well enough. Commiserations to all the family.

MEMBERS FEES NOW DUE

With Badge Teams starting competition next month all those members **MUST** be financial members - and for everyone else I will name and shame you in the next newsletter if you don't get your subs in!!!!!! Just kidding but seriously all members fees are due in NOW.

BADGE FEES NOW DUE

Cost for each member of the team is **\$35** and this fee must be paid to club prior to competition starting.

So, team members, get your money in to your captain and don't be slack and put pressure on them already by being slow and painful.

Captains, it is your responsibility to get the full team monies in to the club in time.

COURT ATTIRE

Please remember that a code exists regarding court attire and etiquette.

Badge team captains are reminded to inform opposition captains of our club regulations prior to all competition games.

NEWSLETTER

Thank you for the many kind words of praise and encouragement sent to me after last month's introduction of the new format.

Please send any news worthy items to **tonialexander@hotmail.com** by the end of each month, for future inclusion.

All care, but no responsibility for content or accuracy is taken by our editorial team. Keep it light to get it right!



Roger kept on his toes last year.



When Greg walked into the tennis club last Sunday it caused a snicker amongst the members having a break for afternoon tea.
"Boy, the joke was on you last night, Greg," they said.
"You left your bedroom light on and the blind was up. You put on a great show with your missus."
"Well the joke happens to be on you lot," Greg retorted. "I wasn't home last night!"
 (Our apologies to Gabriela!)

VOLUNTEER OF THE MONTH

Ken Ryan, a keen tennis man, ex Bank Manager extraordinaire, who has been a member of our club for decades, is a volunteer at the Australian Tennis Museum. This year Ken was awarded the Volunteer of the Medibank International Week Award.
 As we know there are many volunteers for this event – apparently around 1000 - so this is really something for Ken to be proud of.
 Well done mate – you have always been right in there for our Club as well as tennis in NSW as a whole!

CLEAN UP DAY

With the usual suspects doing their bit for the club a fantastic effort was made and the gardens and court surrounds are looking 200% better. Judy Smith has been made honorary Gutter Girl and (as she does every year) did a wonderful and no doubt soul-enhancing job on the gutters. Over a dozen balls were retrieved from the roof – now come on guys, I thought we had a certain standard of play at this club! So thank you Judy, and all those other wonderful people who gave us a few hours of their time.



Robert Bradshaw's artistry at work.

BADGE

Commences.
Thursday 4th March
Saturday 13th March.

All the teams submitted have been accepted this year. Though grades are still not definite at this time, the following members will be representing the club – good luck and good play all of you.

LADIES THURSDAY

Team 1
 Deborah English
 Judy Finlayson
 Liz Dossetor
 Julie Cocco
 Barbara Ashley
 Reserve - Jackie Bradshaw
 Reserve - Judy Smith

Team 2
 Carol Scarselletti
 Cheryl Ierace
 Pat Goldsmith
 Denise Tracey
 Nancy Telesca
 Toni Alexander

LADIES SATURDAY

Team 1
 Diana Banjanin
 Gillian Thacker
 Tuara Price
 Vanessa Bolzan
 Judy Smith
 Sara Jones

Team 2
 Julie Cocco
 Liz Dossetor
 Deborah English
 Sue Barlin
 Toni Alexander
 Reserve - Susan Davies
 Rsserve - Trish Whitton

Team 3
 Alison Coutts
 Jackie Bradshaw
 Tricia Hannan
 Margaret Sproule
 Fran Barlow
 Reserve - Catherine Marshall
 Reserve - Barbara Ashley



Pablo, eyes focused, chases that backhand winner.

MENS SATURDAY

Team 1
 George Rozvany
 Phil Colin
 Dan Patchett
 Kyri Kyriakides
 David Balkin
 Harry Kinahan
 Sam Chanesman
 Nathan Chanesman
 Bobby Clochiatti

Team 2
 Ben Johnson
 Alf Cocco
 Mark Norris
 Chris Jones
 Felix Danziger

Team 3
 Ian Kavanagh
 Peter McIlwaine
 Donald Vass
 Pablo Giancarli
 Clive McGowan
 Robert Loneragan
 Mike Heath
 Reserve - Ed Dutton

Team 4
 Greg Piper
 Peter Nicholson
 Robert Bradshaw
 Bill Moss
 Tom Grozier
 Kevin Middlebrook
 Reserve - Roger Auton
 Reserve - Matt Ward

HUNTERS HILL TENNIS CLUB COURT TALK

March 2010



2010 President's Trophy

11:00 am - Sunday 21st March + BBQ.

THE PRESIDENT'S TROPHY

note: previously scheduled for 28th.

Bill will co-ordinate this mixed handi-capped tournament with Greg & Peter's assistance.

Place your name on the clubhouse board as usual for those entering, as this is a great day for all and especially for the newer members.

Please arrive 15 minutes earlier to allow suitable pairings.

Don't miss Bill's Big Bangers! What?

ps. There's also a wonderful trophy to adorn your mantle piece for 12 months.

WELCOME

We are pleased to welcome on board **Mike Heath** as a new member.

He will also be competing in the Badge Men's Grade 2-5 team and we wish him all the best for this competition.

THANK YOU

A special mention must go to our wicked engineer, **Robert Bradshaw** for installing the much needed irrigation system. For those who missed it, Bill officially turned it on.

MEMBERS FEES OVER DUE

With Badge competition starting this week all those members **MUST** be financial members.

Seriously all members fees are due in **NOW**. No slackers please.

BADGE FEES NOW DUE

Cost for each member of the team is **\$35** and this fee must be paid to club prior to the competition starting.

Captains, it is your responsibility to get the full team monies in to the club on time.

COURT ATTIRE - SHOES

Please remember that a code exists - regarding court attire and etiquette, especially shoe soles.

Badge team captains are reminded to inform opposition captains of our club regulations prior to all competition games.

Only whites or lights on court please.

NEWSLETTER

Toni is away for this edition so please be kind to Greg for his attempt to fill her shoes.

Don't forget to send any news worthy items to tonialexander@hotmail.com by the end of each month, for future inclusion.

All care, but no responsibility for content or accuracy is taken by our editorial team.

Keep it light and we'll get it right!



Deborah stretches for that winning return.



DID YOU KNOW ???

Between 1859 and 1865, in Birmingham, England, Major Harry Gem, a solicitor, and his friend Augurio Perera, a Spanish merchant, combined elements of the game of rackets and the Spanish ball game Pelota and played it on a croquet lawn in Edgbaston.

Both men moved in 1872 to Leamington Spa and in 1874, with two doctors from the Warnford Hospital, founded the world's first tennis club. In December 1873, Major Walter Clopton Wingfield devised a similar game for the amusement of his guests at a garden party on his estate of Nantclwyd in Llanelidan, Wales.

He based the game on the older Real tennis.

At the suggestion of Arthur Balfour, Wingfield named it "lawn tennis," and patented the game in 1874 with an eight-page rule book titled "Sphairistike or Lawn Ten-nis", but he failed to succeed in enforcing his patent.

Wingfield borrowed both the name and much of the French vocabulary of real tennis:

Tennis comes from the French tenez, the imperative form of the verb tenir, to hold:

This was a cry used by the player serving in royal tennis, meaning "I am about to serve!" (rather like the cry "Fore!" in golf).

Racquet comes from raquette, which derives from the Arabic rakhat, meaning the palm of the hand. Deuce comes from à deux le jeu, meaning "to both is the game" (that is, the two players have equal scores).

Love is widely believed to come from "l'oeuf", the French word for "egg", representing the shape of a zero.

The convention of numbering scores "15", "30" and "40" comes from quinze, trente and quarante, which to French ears makes a euphonious sequence, or from the quarters of a clock (15, 30, 45) with 45 simplified to 40.

extracted from -

http://en.wikipedia.org/wiki/History_of_tennis

BALLS - RECYCLE

Badge captains, note that after all home games could you please place all used competition balls, in the cupboard for further social use.

BADGE

Commences.

Thursday 4th March

Saturday 13th March.

The following members will be representing the club – good luck and may success be on your side.

LADIES THURSDAY

Team 1 - Div 1

Deborah English - capt
Judy Finlayson
Liz Dossetor
Julie Cocco
Barbara Ashley
Reserve - Jackie Bradshaw
Reserve - Judy Smith

Team 2 - Div 2

Carol Scarselletti - capt
Cheryl Ierace
Pat Goldsmith
Denise Tracey
Nancy Telesca
Toni Alexander

LADIES SATURDAY

Team 1 - Grade 1-3

Diana Banjanin - capt
Gillian Thacker
Tuara Price
Vanessa Bolzan
Judy Smith
Sara Jones

Team 2 - Grade 1-4

Julie Cocco - capt
Liz Dossetor
Deborah English
Sue Barlin
Toni Alexander
Reserve - Susan Davies
Reserve - Trish Whitton

Team 3 - Grade 2-1

Alison Coutts - capt
Jackie Bradshaw
Tricia Hannan
Margaret Sproule
Fran Barlow
Reserve - Catherine Marshall
Reserve - Barbara Ashley



Matt, tongue in cheek, lets rip an awesome return.

MENS SATURDAY

Team 1 - Grade 2-1

Phil Colin - capt
George Rozvany
Dan Patchett
Kyri Kyriakides
David Balkin
Harry Kinahan
Nathan Chanesman
Bobby Clochiatti

Team 2 - Grade 2-3

Ben Johnson - capt
Alf Cocco
Mark Norris
Chris Jones
Felix Danziger

Team 3 - Grade 2-5

Ian Kavanagh - capt
Peter McIlwaine
Donald Vass
Pablo Giancarli
Clive McGowan
Robert Loneragan
Mike Heath
Reserve - Ed Dutton

Team 4 - Grade 3-2

Greg Piper - capt
Peter Nicholson
Robert Bradshaw
Bill Moss
Kevin Middlebrook
Reserve - Roger Auton
Reserve - Matt Ward

HUNTERS HILL TENNIS CLUB COURT TALK

April 2010



2010 Veterans Day *Sunday 20th June.*

VETERANS DAY

Will be held on June 20th. In early preparation for this we would like to remind you that you are **MEANT** to dress up in early last century dress – Vinnies and Op Shops are fun places to get something from.

ANYTHING will do – it is all just for fun. Okay, you can still play on the day if you are too embarrassed to dress up but winners have to be picked from the participating lot because it is **SO MUCH HARDER** to play tennis in long skirts or trousers than in our usual garb.

So start thinking now and join in to have a good laugh!!!

TOM GROZIER

We would just like to acknowledge to one and all, that **Tom** has, this year, just resigned from the club after approximately **four decades** of membership. He has always played Badge and been captain on numerous occasions. A real team player and great club member.

All the best for the future Tom – its been great having you in the club.

NEWSLETTER

There have been a lot of positive comments about the new newsletter format but I would like to assure you all, that though I can cook a mean risotto, sew a straight hem and nurture an attractive garden. I have absolutely no graphic design prowess at all.

The kudos must go to the very energetic and dedicated **GREG PIPER** who spent a lot of time getting it all up and running, taking the photos and working out who is who!!

Greg is great to work with as well as a keen tennis player so just in case you didn't realise who was responsible I thought I should let you all know. Thanks Greg!



BADGE

Competition is well under way now with a lot of varying scores. Hang in there everyone and keep up your good work and team spirit!!



CLUB CLOTHING

Cheryl (contactable on mierace@bigpond.net.au) has a number of mens HHTC Shirts available and on sale for \$45.00. She also has a few of the caps left, which look quite spunky! Anyone interested contact her asap.



PRESIDENT'S TROPHY

With the heavens helping create a beautiful day the Presidents Trophy was well attended and strongly fought over!

A great time was had by all - made even more enjoyable by the super BBQ cooked to perfection by Ray Melograna and accompanied by the usual outstanding salads prepared by the ladies.

Thank you to everyone who helped organize such a great day, not forgetting El Presidente himself, young Bill Ierace, who played, scored, ran around, assisted with cooking.....and on and on. Well done Bill!

Peter McIlwaine was the outstanding mens winner and Judy Smith and Tricia Hannan managed to tie for the ladies prize. Well played and congratulations to all of you.

Some even gave blood for the cause - amazing what a pack of peas can do !

As you can see, everyone had loads of fun.



Have I told you about the old HHTC codger who was backing his Rolls into the last available parking space when a zippy, red sports car whipped in behind him to take the spot. The young man jumped out and said, "Sorry, Pops, but you've got to be young and smart to do that" The old man ignored the remark and kept reversing until the Rolls had crunched the sportscar into a crumpled heap. "Sorry, son, you've got to be old and rich to do that!"

HUNTERS HILL TENNIS CLUB COURT TALK

May 2010



2010 Veterans Day *Sunday 20th June.*

VETERANS DAY

Sunday 20th June
commencing 12 midday.

This good fun event will be a mixed comp with the only handicap being what you or your partner are wearing!!!

Come along and have a laugh and join in classic photos!

A superb afternoon tea is promised at the end of play so get your names down and remember, if you turn up in 2010 tennis clothes you may play but you CANT WIN.



COURT ETIQUETTE

Just a reminder that when you are going on to play or coming off after play please have a care not to disturb the groups playing near you.

This is especially important of course when competitions are in progress – badge or club.

However it is only polite to have some consideration even in social play.

Wait for the rally to finish or go out of the courts via a gate that will prevent you disturbing them.



BADGE

It is midway through the badge season now and most of our mens teams are doing extremely well (go guys) AND all of the ladies are at least having fun!!!



CLUB CLOTHING

Cheryl (mierace@bigpond.net.au) has a number of mens HHTC shirts available on sale for \$45.00. She also has a few of the caps left, which look quite spunky!

Anyone interested contact her asap.



COACHES TIP THE SERVE AND VOLLEY

When serving and volleying, the best serves to use are:

*First serve down the **T** or into the player's body to their weak side giving your opponent less angle to work with.*

Tips that will help make the most out of your volley

- Make sure you keep your head up as you swing through your serve
- Keep your racket head up
- Use a split step as your opponent makes contact with ball as you start moving towards the net
- Lower your centre of gravity by keeping your knees slightly bent
- Move in a straight line as you move towards the net – that way it will be easier to cover all angles of the return
- Keep your body balanced and shoulders square to the net
- Do not favour one side Force the returner to guess
- Drop your volley short when the return is below the net.
If you have a difficult volley then volley back to where the ball came from.

On a much simpler volley hit it into the open court.

Hopefully the point is yours!! (-) Anthony Aliperti.



Just a short newsletter this month but it is budget time and we must ALL consider our financial circumstances and it's not silly to aim to improve them however we can.

Of course the males in the club probably presume they are much better at financial planning than their female counterparts but I don't know????????????????

Steve was a single guy living at home with his father and working in the family business. When he found out he was going to inherit a fortune when his sick father died he decided he needed a wife with which to share his fortune.

One evening at an investment meeting he spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away.

***"I may look like an ordinary man,"** he said to her*

"but in just a few years my father will die and I'll inherit \$200 million."

Impressed, the woman obtained his business card and three days later she became his stepmother.

Trust me, women are so much better at financial planning than men!!

HUNTERS HILL TENNIS CLUB COURT TALK

JUNE 2010



2010 Veterans Day *Sunday 20th June.*

VETERANS DAY

Sunday 20th June
commencing 12 midday.

This good fun event will be a mixed comp with the only handicap being what you or your partner are wearing!!!

Come along and have a laugh and join in classic photos!

A superb afternoon tea is promised at the end of play so get your names down and remember, if you turn up in 2010 tennis clothes you may play but you CANT WIN.



150mm of RAIN on the LAWN !

Due to the recent spate of wet weather during May, please remember that the "set putter on" is often under enough pressure to accommodate every level of players skill when allocating sets. Especially when it's fine and clear for the day.

Please understand that arriving 5 mins prior to a new session time doesn't automatically mean you will be included for that session.

Arrive early for maximum game time will be to your advantage.

1:00pm - 3:30pm = early session
3:30pm - 4:00pm = afternoon tea
4:00pm - 5:00pm = late session



CLUB CHAMPIONSHIP

Stay tuned !

The annual 2010 club championship tournament will be commencing after the school holidays.

The application form will be distributed very soon.





COACHES TIP

RETURNING A LEFT HANDERS SERVE

Left handers typically use an angled slice serve on the ad side.

This serve bounces away to the right of the right hander's backhand forcing the tennis player to hit a return from an off centre position, thus leaving the court open.

The tactical answer to the “left hander’s slice serve” is a powerful return down the middle or crosscourt which neutralises as much as possible the offensive intentions of the server.

It is essential for the right hander who returns this type of serve not to stand too far behind the baseline because doing so, leaves his opponent room for a sharply angled serve.

Once again the point is yours!! (-) Anthony Aliperti.



It's a slow day in a dusty little Australian town. The sun is beating down and the streets are deserted. Times are tough, everybody is in debt, and everybody lives on credit.

On this particular day, a rich tourist from down south is driving through town , stops at the local motel and lays a \$100 bill on the desk saying he wants to inspect the rooms upstairs in order to pick one to spend the night in.

He gives him keys to a few rooms and as soon as the man walks upstairs, the owner grabs the \$100 bill and runs next door to pay his debt to the butcher.

The butcher takes the \$100 and runs down the street to repay his debt to the pig farmer. The pig farmer takes the \$100 and heads off to pay his bill at the supplier of feed and fuel.

The guy at the Farmer's Co-op takes the \$100 and runs to pay his drinks bill at the local pub. The publican slips the money along to the local prostitute drinking at the bar, who has also been facing hard times and has had to offer him "services" on credit.

The hooker rushes to the motel and pays off her room bill to the motel owner with the \$100.

The motel proprietor then places the \$100 back on the counter so the rich traveler will not suspect anything.

At that moment the traveler comes down the stairs, picks up the \$100 bill, states that the rooms are not satisfactory, pockets the money, and leaves town.

No one produced anything. No one earned anything. However, the whole town is now out of debt and looking to the future with a lot more optimism.

And that, ladies and gentlemen, is another way the Australian Government's stimulus package works!!!

HUNTERS HILL TENNIS CLUB NEWSLETTER
JULY 2010

Sorry everyone – its back to the bad old days of straight text as Greg is away climbing to Macchu Picchu at the moment and I cannot add photos. But I have some good ones that we will make sure are included in the next newsletter.

VETERANS DAY:

“Right, that’s it,” I said. “ We are only going to allow the people who played this year, in the tournament, play next year because we had such a great day with just the right amount of people, with time to socialize between sets and lots of laughs. What’s more we had an incredible afternoon tea with the sweetest strawberries I have ever tasted during a Sydney winter – sourced by our own Tibor - with a choice of creams, in honour of the start of Wimbledon. Just a terrific day all round.”

“But we can’t do that,” said Bill. “It wouldn’t be fair. Lets just confirm that only members who are determined to have a fun time come along.”

So, that’s what we are doing. All welcome but you must be prepared to let loose! It was such a good day – possibly the wonderful sunshine helped after cold and wet weeks but everyone dressed up beautifully and the toots from the passing cars signified they thought it looked great (strange?) too!! Thank you Tricia and Tibor for a smashing afternoon tea and next year, should it be held around Wimbledon time again, I have promised to bring along the Pimms.

The winning partnership of the day with an incredible percentage was the stunning partnership of the injured and recovering injured – Toni and Yvonne – who somehow managed to drag Graeme Sticka up to their level for this amazing performance. Gosh Graeme was lucky to have these two!!!!!! So, well done you three!

On a more serious note:

BADGE TEAMS:

Our Mens 2/3 Team were top of the ladder going into the semis. Fabulous job guys and very best of luck for the remaining matches. Let us know if any of the matches are at home so we can support you.

Our Mens 3/2 team came fourth and were pipped in the semis. Well done too!

The rest of the mens and womens teams I believe fought their very best but did not make the semis. As long as you all had great tennis and enjoyed the season it does not matter. Better luck next time.

Spring Badge is due to start on 25th August. The format is still not clear but should you be thinking about playing now is the time to start organizing a team.

CLUB SPECIAL CHAMPIONSHIPS:

Club championship matches will commence 24th/25th July so please diarise that **NOW**. They are scheduled to be over 3 consecutive weeks with one extra week allowed for any wash out.

A new shortened format for the Ladies Special Singles will be introduced.

Forms and the entry box are available in the clubhouse but (understandably because of all the washouts) if you can't get there please email Diana on:

hhtccc@gmail.com

There is no need to scan the form. Just let her know which events you would like to enter **BY THIS SUNDAY 18th JULY**.

Open event forms will be sent out very soon so don't worry if you've not received anything yet.

OPEN CLUB CHAMPIONSHIPS:

Open Doubles due to run each weekend from 14th August to 19th September

Open Singles due to run from 11th September to 19th September

Quarter Finals to be held on weekends from 9th September to 24th October

Participant will need to be available on nominated weekends – especially end of August/beginning of September. No matches are scheduled over school holidays or Labour Day long weekend. Full details will be sent to all soon.

TENNIS TIP OF THE MONTH:

The backhand in tennis can be so much more than a defensive shot; it can be a powerful weapon. It is the most difficult to master.

One of the most important things is that you must have the proper grip. The grip you use will vary depending on whether you use a one-handed or two-handed grip. The grip on the one handed backhand is the Eastern grip. For the two handed backhand you will use different grips. Your dominant hand should use the Continental grip and your non dominant hand should use the semi-western grip.

Where you hit the ball is always important in hitting an effective tennis shot. Without the proper contact point you may find your shot landing out of bounds or being easily returned by your opponent. The contact point should be slightly in front of the body. Generally about a foot in front of the body is good.

Stance is also important. In tennis there are open stances and closed stances. For a backhand you should have a closed stance. The shoulders should be perpendicular to the baseline as you begin your backswing. It is important to establish position early if possible so there is less margin for error in the actual stroke itself.

As with any shot using your whole body to hit the ball will provide more power on your shot. Without enough power any decent opponent will control the tempo of the match.

For a more powerful backhand use the whole body. The upper body should rotate into the ball from a close distance to an open stance. Turning the lower body can also generate the power necessary to hit a strong backhand. Like any shot the backhand is not a shot that isolates one part of the body. Using only the arms will result in a weak shot and an easy opportunity for your opponent.

(Thanks Anthony)

EDITORIAL:

As I write this I notice it is Bastille Day. Exactly one year after the First Fleet entered Australian waters the French were ridding themselves of a dissolute monarchical leadership and becoming a republic. Very bloody it was. One might wonder if

Australians will have the temerity to do the same one day - even though the monarchy isn't so dissolute and hopefully the uprising wouldn't need to be so bloody!
But it does seem appropriate to mention the following:

Socrates was poisoned
Julius Caesar was stabbed
Napoleon died in exile
Abraham Lincoln was assassinated
Gandhi was shot
Kevin Rudd was Gillardtined!!!!

Vive L'Australie!!

HUNTERS HILL TENNIS CLUB COURT TALK

AUGUST 2010



2010 CLUB CHAMPIONSHIPS *HAVE FINALLY COMMENCED.*

BADGE RESULTS

Our Men's 2/3 unfortunately lost the Grand Final 5/3 against Auburn. But what a fantastic effort and great fight. Congratulations guys.

The Men's 3/2 lost their semis.

The Women's Saturday teams did not reach the semis.



The Midweek Ladies is still continuing.

One particularly important and proud result is that we had three of our members selected for the play off between Northern and Southern Districts. These members earn their place by statistically having the highest averages throughout the season.

Well done – Chris Jones - 1st in Div.
Tristan Adams
Mike Heath

END OF YEAR DINNER:

DIARISE THIS IMPORTANT DATE NOW.

THE GOOD NEWS IS THAT THE SAME DEAL WILL STAND AS LAST YEAR.

THE SAME LOCATION AND NO PRICE RISE .

UNBELIEVABLE!

NANCY IS QUITE THE NEGOTIATOR.

DATE: TUESDAY, 16TH NOVEMBER

VENUE: ECCO RESTAURANTE
DRUMMOYNE SAILING CLUB,
ST GEORGES CRESENT,
DRUMMOYNE



CLUB CHAMPIONSHIP

With the weather wreaking havoc with poor Diana's schedule the championships are still making headway.

The various Special events have commenced and the Mens open started last weekend.

There has been a wonderful amount of entries so please all ensure that Diana has your up to date email so she can contact you with the all important times and dates.





MIDWEEK LADIES:

Please diarise the 7th September ladies when the Round Robin will be played and also the 14th of September will be the start of the Eve Jenkins Trophy.

Instructions will be forthcoming from Nancy as soon as the weather clears enough for you all to get back on the courts!!

THE COACHES TIP

STRETCHING BEFORE MATCHES

Stretching is a key element in almost every sport. It improves flexibility, and reduces risk of injury.

Before stretching make sure your body is warmed up. Go for a short jog or walk around the court just so your muscles have warmed up.

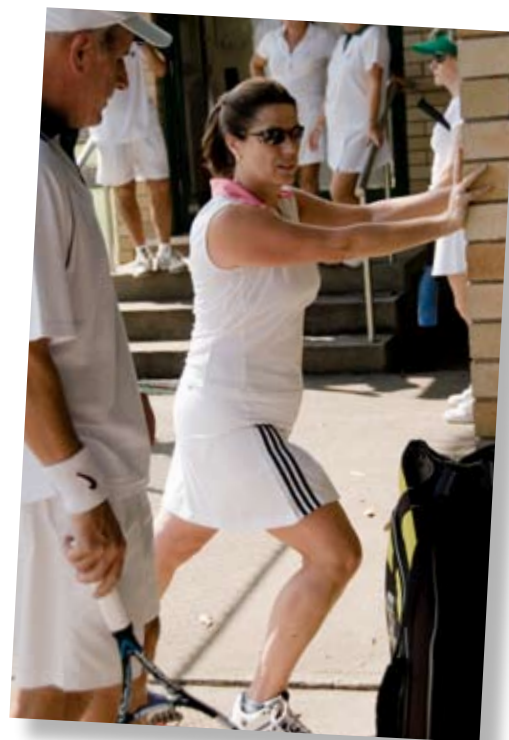
General guidelines for stretching :

1. *You should be warmed up before performing exercises.*
2. *Stretch to just before the point of discomfort*
3. *The feeling of tightness should diminish as you hold the stretch.*
4. *Breathe out into the stretch.*
5. *Hold each stretch for 30 seconds.*
6. *If tightness intensifies or you feel pain stop the stretch.*
7. *Shake out limbs between stretches.*
8. *Complete 2-3 stretches before moving onto the next exercise.*

For the next months newsletter I will include tennis specific stretches.

(:-) Anthony Aliperti.

Don't forget Anthony, our resident coach, is available for lessons most days - **contact him on 0401 409 017.**



JOKE OF THE MONTH:

This has been purloined from a local newspaper so it may not be new to you!

Jim, a rich 70 year old widower, shows up at the tennis club with a beautiful 25 year old who knocks everyone's socks off, with her charm and who hangs on his every word.

At the first chance his mates corner him and ask "Jim, how'd you get the trophy girlfriend?" Jim replies

"Girlfriend? She's my wife!" They are bowled over.

"So, how'd you persuade her to marry you?"

"I lied about my age." Bob says.

"What, did you tell her you were only 50?"

Bob smiles and says "No, I told her I was 90."

HUNTERS HILL TENNIS CLUB COURT TALK

SEPTEMBER 2010



2010 SHELLEYS TOURNAMENT

rescheduled to Sunday 31st October 2010.

SHELLEYS TOURNAMENT

This event has been delayed so that all club championship matches are completed. Rain and match rescheduling have caused the initial proposed event to be moved to a later date.

Further details in next newsletter.



MONICA SHEEHAN TROPHY

Well done to Nancy Telesca and Ruth Mant for taking out this years event. A great result.

END OF YEAR DINNER:

DIARISE THIS IMPORTANT DATE NOW.

THE SAME DEAL AS LAST YEAR.

THE SAME LOCATION AND NO PRICE RISE .

\$67pp BYO

DATE: 7:00 pm - 7:30pm start
Tuesday, 16TH NOVEMBER

VENUE: ECCO RESTAURANTE
DRUMMOYNE SAILING CLUB,
ST GEORGES CRESENT,
DRUMMOYNE

Confirm attendance with:
Nancy - 0418 551 955
Cheryl - 9816 4739



COURTS TO CLOSE:

Last day of play -
Sunday, 7th November 2010.

CLUB CHAMPIONSHIP

Matches are running out of time!

So, for those still involved in the finals you must be available from here on or you will forfeit the match and the tournament.

BE WARNED!





THE COACHES TIP

STRETCHING BEFORE MATCHES part 2

The major body parts you want to warm up and stretch before you start playing tennis are the shoulders (rotator cuff), legs (hamstring, calf and quadriceps), stomach and back.

Make sure before you start any of your stretches that your body is warmed up, don't attempt stretching the muscles when they are cold and stiff.

Shoulder Stretches

Rear Shoulder Stretch

- 1) Stand with your feet shoulder width apart and your knees slightly flexed.
- 2) Place your hands behind your lower back and clasp them together.
- 3) Slowly lift your hands upwards until you feel a stretch in the front of your shoulders.
- 4) Hold the stretch for 30 seconds and repeat 3 times.

Internal Rotator Cuff Stretch

- 1) Extend your right arm above your head and then bend the elbow so that your hand is pointed to the floor and your elbow is above your head pointed to the ceiling.
- 2) With your left hand, press your upper arm just above the elbow, pressing your shoulder towards your ear until you feel a stretch.
- 3) Hold for 30 seconds. If you are left handed do the opposite

Stretching is a key element in almost every sport. It improves flexibility,
 (-) **Anthony Aliperti.**

Don't forget Anthony, our resident coach,
 is available for lessons most days - **contact him on 0401 409 017.**



JOKE OF THE MONTH:

One day while jogging, a middle-aged man noticed a tennis ball lying by the side of the pathway. Being fairly new and in good condition, he picked the ball up, put it in his pocket and proceeded on his way. Waiting at the cross street for the light to change, he noticed a beautiful woman standing next to him smiling. "What do you have in your pocket?", she asked. "Tennis ball,?" the man said smiling back. "Wow," said the woman looking upset. "That must hurt. I once had tennis elbow and the pain was unbearable!"

HUNTERS HILL TENNIS CLUB COURT TALK

OCTOBER 2010



2010 SHELLEYS TOURNAMENT

Sunday 31st October 2010.

SHELLEYS TOURNAMENT

Sunday, 31st October 2010.
Please arrive for this event at
12:00 noon for a 12:30pm start.



MELBOURNE CUP LUNCH

Tuesday, 2nd November starting at
10:30am - Ladies and Men welcome.
Only \$37.00 pp with seafood buffet
lunch and plenty of tennis.
Contact Nancy or Cheryl asap to
confirm attending rain, hail or shine.

END OF YEAR DINNER

\$67pp BYO

DATE: 7:00 pm - 7:30pm start
Tuesday, 16TH NOVEMBER

VENUE: ECCO RESTAURANTE
DRUMMOYNE SAILING CLUB,
ST GEORGES CRESENT,
DRUMMOYNE

Confirm attendance with:
Nancy - 0418 551 955
Cheryl - 9816 4739

TROPHIES

Trophies are to be returned cleaned
and polished please, otherwise a \$20
cleaning fee will apply.
Brasso not to be used as this will dam-
age the surface.

COURTS TO CLOSE

Last day of play -
Sunday, 7th November 2010.

HHTC - AGM

Monday, 13th December, 2010.

CLUB CHAMPIONSHIP

There are still some matches to
complete due to the disruptive
nature of the wet weather.

Diana and Bill have done an ex-
cellent job again this year keep-
ing things well organised.





THE COACHES TIP

Tennis Tactics : The short angle

The short angled stroke is hit to a shorter and wider target on the court than the regular groundstroke is, luring the opponent away from the centre of the court into a less familiar position.

When played effectively, this shot allows a player to finish the point in a number of ways, including using the sneak volley, drive volley, and shoulder-high groundstroke attack. The short angle can be played with either slice or topspin.

The short angle slice can be used to great effect if the ball stays short and low enough. This shot can cause an opponent two particular problems. First, it forces them to move diagonally up the court a line of movement that is rarely practiced and often proves problematic. Second, the slice keeps the ball low and forces the opponent to hit up over the net, thus preventing any real threat of aggression. Players will often approach or sneak in to the net after building pressure through the use of this shot.

(:-) **Anthony Aliperti.**

Don't forget Anthony, our resident coach, is available for lessons most days - **contact him on 0401 409 017.**



CLUB CLOTHING

Now is an excellent time to upgrade and refresh your tennis wardrobe for 2011. Cheryl has a selection of tops, caps and tracksuits just waiting to make you that little bit smarter for the new year.

JOKES OF THE MONTH:

JOKE 1

George went to his doctor, "Doctor every night in my dream I am playing tennis." Doctor states reassuringly, "Take these pills, they will help you sleep better." George replies, "I can't take them now, tonight is the final game."

JOKE 2

Men think monogamy is something you make dining tables out of.

HUNTERS HILL TENNIS CLUB COURT TALK

NOVEMBER 2010



2010 Annual General Meeting

Monday 13th December 2010.

ANNUAL GENERAL MEETING

Monday, 13th December 2010.
Please arrive for this event at
7:00pm for a 7:15pm start.
Committee member nomination
forms will be distributed shortly.
Make the most of your say by
attending on the night.



MELBOURNE CUP LUNCH

Tuesday, 2nd November was a great
afternoon's entertainment. Many
thanks once again to Nancy for co-
ordinating this annual event.
Those that attended had a great
flutter and superb luncheon, I'm told.

END OF YEAR DINNER THIS TUESDAY.

DATE: 7:00 pm - 7:30pm start
Tuesday, 16TH NOVEMBER

VENUE: ECCO RESTAURANTE
DRUMMOYNE SAILING CLUB,
ST GEORGES CRESENT,
DRUMMOYNE

\$67pp BYO

Confirm attendance with:
Nancy - 0418 551 955
Cheryl - 9816 4739

NEW MEMBER

A warm welcome to our latest new
member Brendan Aubusson.
We wish him well in 2011 and look
forward to many encounters.

BADGE

Entry form will be distributed late
November for 2011 competition

**COURTS ARE NOW CLOSED
AND WILL REOPEN LATE
JANUARY 2011**

SATURDAY SOCIAL HIT

There are a number of members
who are very keen to start up a
Saturday social hit when Badge
isn't happening. Those interested
in such an event please let Peter
McIlwaine know so that we can
organise for 2011.





THE COACHES TIP

Enjoy your break and see you early next year.
 (-) Anthony Aliperti.

Don't forget Anthony, our resident coach,
 is available for lessons most days - **contact him on 0401 409 017.**



HUNTERS HILL TENNIS CLUB- RESULTS 2010- SOCIAL TOURNAMENTS AND CLUB CHAMPIONSHIPS

President's Trophy- male	Peter McIlwaine
President's Trophy- female	Tricia Hannan and Judy Smith
Veteran's Day	Graeme Sticka, Yvonne Mack, Toni Alexander

Shelley's	Not played 2010
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Ladies Special Doubles	Diana Banjanin and Tricia Hannan
Runner-Up	Liz Dossetor and Judy Smith
Mens Special Doubles	Chris Jones and Gunnar Korths
Runner-Up	Ian Kavanagh and Rob Loneragan
Mens Special Singles	Ian Kavanagh
Runner-Up	Rob Loneragan

Ladies Special Singles	Not played 2010
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Mixed Open Doubles	Chris Jones/Vanessa Bolzan	OR	Chris Jones/Vanessa Bolzan
	Graeme Sticka/Diana Banjanin		- to be determined

Ladies Open Doubles	Diana Banjanin and Vanessa Bolzan
Runner-Up	Jackie Bradshaw and Judy Smith
Mens Open Doubles	Chris Jones and Dan Kelly
Runner-Up	Harry Kinahan and Kyri Kyriakides
Ladies Open Singles	Vanessa Bolzan
Runner-Up	Diana Banjanin
Mens Open Singles	Chris Jones
Runner-Up	Dan Kelly

Meggitt Point-Score Trophy	Surprise ???
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Eve Jenkins Trophy	Helen Lange and Cheryl Ierace
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Monica Sheehan Trophy	Nancy Telesca and Ruth Mant
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